Formed from the merger of the National Council for One Parent Families and Gingerbread

## Teenage parents

Benefits calculator June 2013
 08088020925
Gingerbread Single Parent Helpline

## You may be entitled to:

- Support from social services
- Healithy Start vouchers.

Your social worker should help you work through all your options.
If you'd like to talk to someone in confidence about your pregnancy you can call Brook on 08088021234.

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